

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Horizon Breakfast

Portion Values - Detailed

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Generated on: 8/29/2019 2:13:52 PM

	Portion Size	Carb (g)
Wed - 09/04/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Thu - 09/05/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 09/06/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Mon - 09/09/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Carb (g)
Tue - 09/10/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL, VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 09/11/2019		
Horizon Breakfast	Total	
CEREAL, VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Thu - 09/12/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL, VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 09/13/2019		
Horizon Breakfast	Total	
CEREAL, VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/16/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
Nutrient Guideline		

Tue - 09/17/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 09/18/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Thu - 09/19/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/20/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Mon - 09/23/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
Nutrient Guideline		

Tue - 09/24/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 09/25/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/26/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 09/27/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Mon - 09/30/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
Nutrient Guideline		

Weighted Average		29.92
		78.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	29.92	78.57%						

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